

# Italian Broccoli and Pasta

Rating: ★★★★★

Makes: 4 servings

## Ingredients

**6 ounces** fettucini noodles, uncooked  
**3 tablespoons** green onion (chopped, also called scallions)  
**2 cups** broccoli florets  
**1/2 teaspoon** thyme (dried)  
**1/2 teaspoon** oregano (dried)  
**1/2 teaspoon** black pepper  
**1 can** stewed tomatoes (14.5 ounce)  
**2/3 tablespoon** Parmesan cheese (grated)

## Directions

1. Cook noodles according to package instructions (do not include oil or salt), and drain.
2. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.

California Department of Health Services, Discover the Secret to Healthy Living California 5-a-Day—For Better Health! Campaign

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	1.5 g	2%
Protein	9 g	
Carbohydrates	49 g	16%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	260 mg	11%